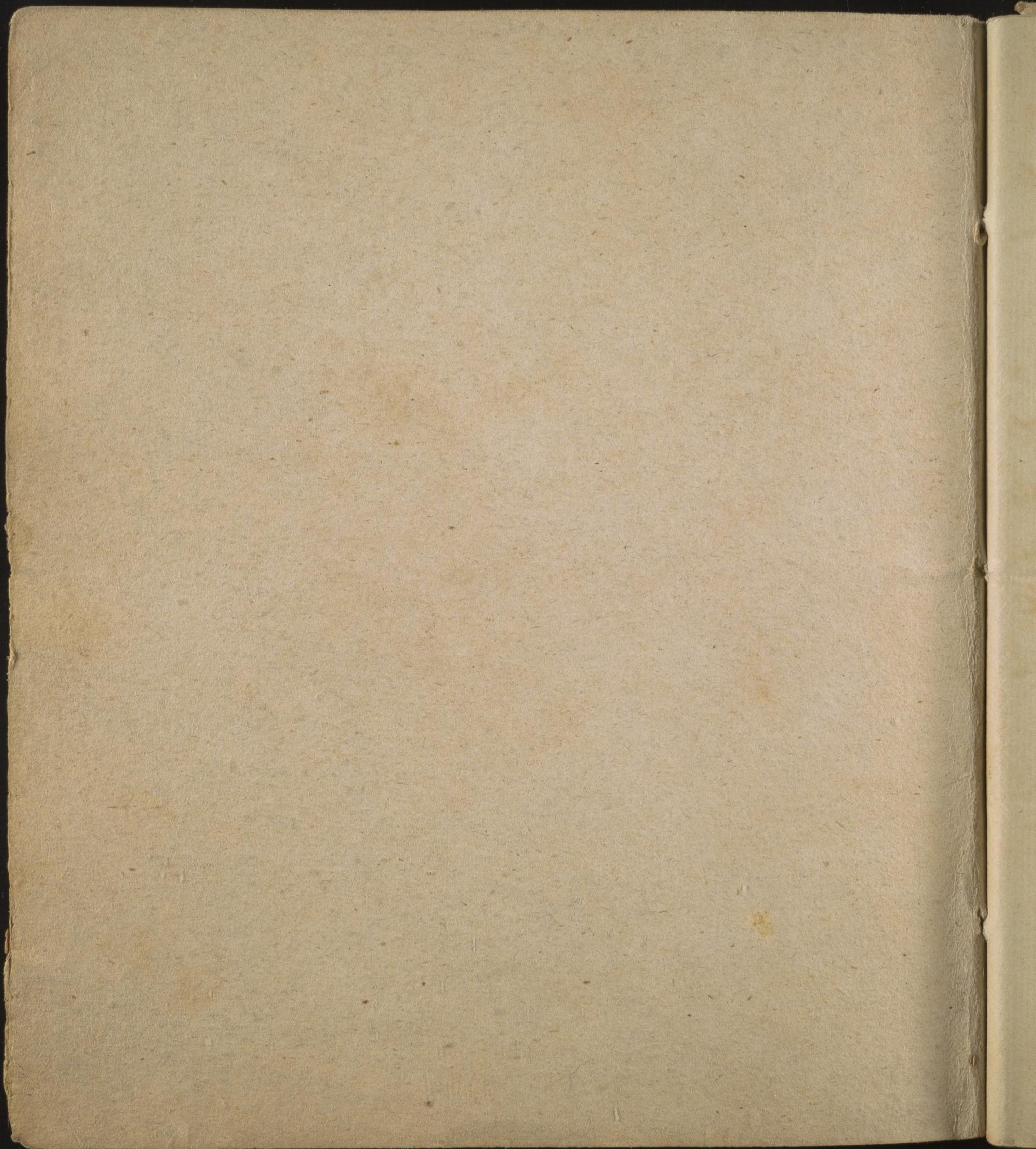


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Universal Appetite cont: 761
Generation & Conception 762
Parturition ——— 788.

✓ There is another striking peculiarity in
the venereal appetite in which the goodness
& wisdom of heaven is displayed in an emi-
nent degree. I before remarked that it is
felt by man at every season of the year,
- ~~and~~ that the gratification of it is always follow-
ed by debility. ~~Now had~~ ~~man like the brutes been~~
permitted to ^{enjoy} ~~an unlimited~~ ~~commence~~ ⁱⁿ the female sex, he would ~~soon~~
have destroyed himself ~~in~~ in the course of
a few years, for Brutes suffer by their ~~promiscuous~~
~~connection~~ ^{promiscuous} connection ⁱⁿ their females, ~~but~~ ^{altho} the time
for that purpose be limited only to a few
weeks. Man is therefore wisely confined
to the possession & enjoyment of only one
woman - by which means he is ⁱⁿ no

~~a universal family of children?~~
by means of the universal

V ~~Universal~~ This provision for continu-
-ing ^{appetite} Animal life is not confined to the
human species. It extends to every
Class and Species of Animals, and ⁱⁿ most
of them the universal appetite acts w:
much more force than in man.

The ~~bull~~ horse - the bull - the Ram -
and the boar all exhibit in the season
of busy work of activity bordering
upon madness. -

The amphibious Animals seem
to enjoy this pleasure in a higher degree
than any other Animals. The turtle
remains in a close connection with
its female for 3 or 4 days - and the

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - Appetite - and excitement are
always associated together - whereas in
a general ~~excess~~ ^{communion} with the sex, App^{etite}:
-like would be roused by every fresh object,
without such a corresponding excitement
as would enable the system to bear ~~the~~ ^{the}
effects ^{of it} of that gratification. =

= ^{reading} In the history of generation by Dr Harnay J
was much struck in observing that all the
vices and all the virtues discovered ~~by Dr Harnay J~~
sexual intercourse of the
male and female of the human species ~~in the~~
are discovered by ~~Dr Harnay J~~ different Dr Harnay J
Animals. The stallion and the cock delight in
polygamy, or a plurality of mates - the she
wolf admits an indefinite number of males
to her embraces. It was upon this account
a brothel was called in ancient Rome Lupa
maria. The cock commits rapes, and ^{sometimes} ~~when~~
satisfies his sexual appetite to such ^{excess} ~~degrees~~
to tear the feathers & even ^{to} wound the back of
the female by repeatedly treading her - several
animals of the same sex attempt venereal con-
-nections with each other particularly cows -
2 The virtues of the sexual intercourse of the human
species are discovered in the partridge. Each male
confines himself to one female. The same
takes place with the Buck & the Doe. They ~~also~~
resemble the human species by ^{settling} ~~settling~~ ^{making} ~~making~~
place of retirement for the gratification of their

toad - not less than 8 or 9 days. So
 much does this pleasure ^{disturb} ~~disturb~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 zani tells us it continues its con-
 junction with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{its some cases it} parts with its

female only with its life. The female
 butterfly admits the brains of the male & even lays

~~1590 After its head is cut off. What a report as
 these facts give: each as a report as~~

important in morals as in science.
 - ~~who then ignoble must that life be
 which is devoted wholly to the pursuit of
 a pleasure which lasts and even
 toads enjoy in a higher degree ^{than the} ~~man~~
 human beings? man
 - ~~must be destined to much~~~~

Danger of committing an excess in his
indulgence of venereal pleasures - for in
this case - appetite - and excitement are
always associated together - whereas in

Venereal appetite. Important inferences might
be made from these facts in favor of the
moral responsibility of and a state of future
existence of certain ~~Human~~ Animals as held
by Dr Zildrop & Dr Priestley, and as hinted
at by Dr Hartley.

then shew how to marry & maintain ~~they~~

toad - not less than 8 or 9 days. To
 much does this pleasure ^{dictate} ~~dictate~~ all other
 sensation, ~~that~~ in the toad, that Spalan-
 -zani tells us it continues its con-
 -nection with its female under the
 greatest tortures that can be inflicted
 upon its body, ~~even~~ ^{even} the amputation
 of its limbs, - and finally, ^{in some cases it} parts with its
 female only with its life. The female
 butlerfly admits the same ^{of the male & even lays}
~~these facts~~ ^{eggs after its head is cut off. What a} ~~fact~~ ^{horror} as
 important in morals as in science.
 - ~~How~~ How ignoble must that life be
 which is devoted wholly to the pursuit of
 a pleasure which lasts and even
 toads enjoy in a higher degree ^{than the} ~~man~~
 human species? man
 - ~~He~~ ^{He} must be destined to much

P Happily for us error can do
harm in our inquiries upon
this subject, for if perfectly
known, there is not a single
useful purpose to which it could
it applied in medicine. ~~But~~ On
the contrary perhaps it is concealed
from us in order to ~~prevent~~ ^{prevent}
the knowledge of it being applied to
mischievous & immoral purposes.
them up. — more sensibility

✓ — hence the silence — the solitude, and
the secrecy with which it is conducted in
the human species, I see above.

† I mentioned formerly from J Hunter
an instance of the ven^{er}: disease being translated
from the glands penis to the root of the penis.
Mr Jorgensen relates an ~~other~~ instance of it.

more sublime enjoyments than those
which arise from the gratification of the
venereal appetite; - Otherwise he would
not have been placed in the scale of
pleasure - below the Animals which
have been mentioned. —

† I conceived these Observations upon
the venereal appetite to belong to the
Physiological history of man. We shall
find this application in the Pathology.

I enter upon an inquiry into the
Cause of Generation or of the production of
a human Being with great diffidence. I
Clouds & Darkness have long hung over
this mysterious operation of Nature.

~~It was not until~~ ^{Soon} after the applica-
tion of the microscope to anatomical

The facts I shall mention
connected with ^{conception} pregnancy & parturi-
-tion will be important, and I hope
apologise for my inability to
satisfy you with a satisfactory
theory of conception.

on this subject. even if it
were true that it was

such
the Jewish
it was

calculated to ~~con~~ favour ~~early marriage~~, and
to prevent & punish uncleannefs & promiscuous
intercourse of the sexes. — The same law (if revised)
would have the happiest effects upon the order & hap-
piness of ~~the~~ ^{of some} ~~society~~ pleasures, moreover constitute
= principles of society. Something like it, I believe exists
the sum total of all their happiness, but
in Pimpia.

Man was made to be ~~happy~~ derive hap-
piness both from his body & mind, and in
a future state of existence from which
probably all inferior animals will be
excluded. There is ~~one more~~ peculiarity

✓ — hence the silence — the solitude, and
the secrecy with which it is conducted in
the human species, I see above.

† I mentioned formerly from J Hunter
an instance of the un-^{tion} known being translated
from the glands penis to the root of the penis,
Mr Bojerre relates an ~~one~~ instance of its

more sublime enjoyments than those which arise from the gratification of the venereal appetite; - Otherwise he would not have been placed in the scale of pleasure - below the Animals which have been mentioned. —

† I conceived these Observations upon the venereal appetite to belong to the Physiological history of man. We shall find their application in the Pathology.

I enter upon an inquiry into the Cause of Generation or of the production of a human Being with great diffidence. ~~It is~~ Clouds & Darkness have long hung over this mysterious operation of Nature.

~~It is~~ ^{Soon} ~~after~~ After the Application of the microscope to anatomical

being translated to the palms of the hands in
a young man at Lyons. — He felt a burning
sensation ^{in them} at the sight of a woman, and by rubbing his
hands together, he felt fainting with voluptuous over-
scope.

hands together, the ~~full~~ ^{female} genitalia with a voluminous ~~ovary~~ ^{ovary}.
 V The existence of Animalcules in the
 seed is still admitted. ~~That~~ The semen is
 their element, and they soon perish in
 any other fluid. They have no mode of
 reproducing themselves that we know
 of, and ~~they~~ have no influence on
 the semen in imparting to it its
 fecundating stimulus. For this discovery
 we are indebted to Spallanzani, who
 has added a theory to it

purposes, the Male Semen was found
to be full of animalcules - each of which
was supposed to be an embryo fetus,

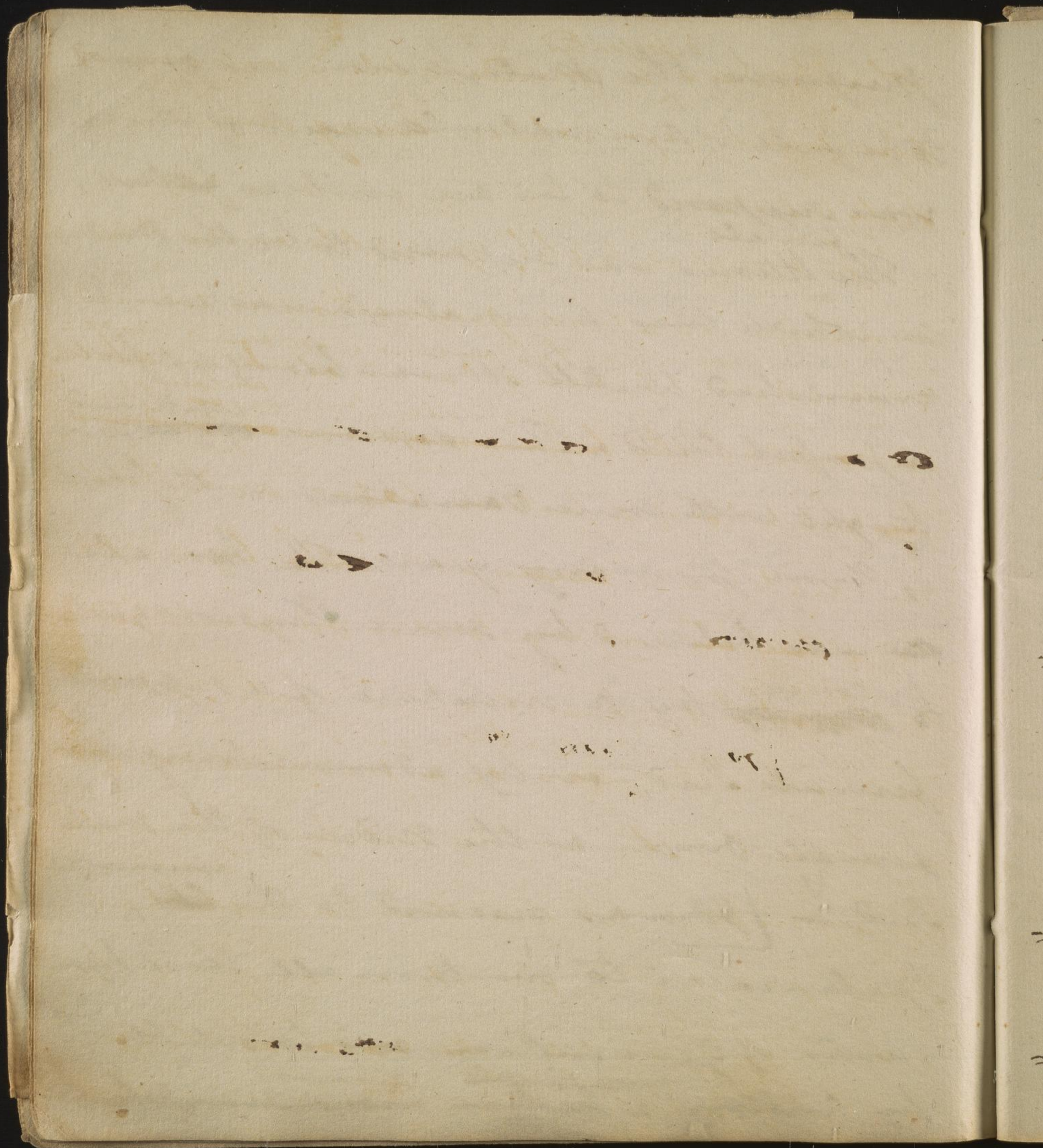
- The female Uterus was supposed to be the matrix
in which this animalcule was reared &
nourished until it was brought forth

a perfect child. This doctrine ~~was~~ continued
taught with some variations in the schools
of Physic for many years. The female

~~was~~ was believed by some Physiologists
to ~~concur~~ ^{concur} by a mixture of a supposed
female Seed, - or by administering ~~the~~ ^a

female Ovary as the Wides of the male
Seed. - ~~It was~~ ^{It was} reserved to the ~~Ch~~ ^{immortal}

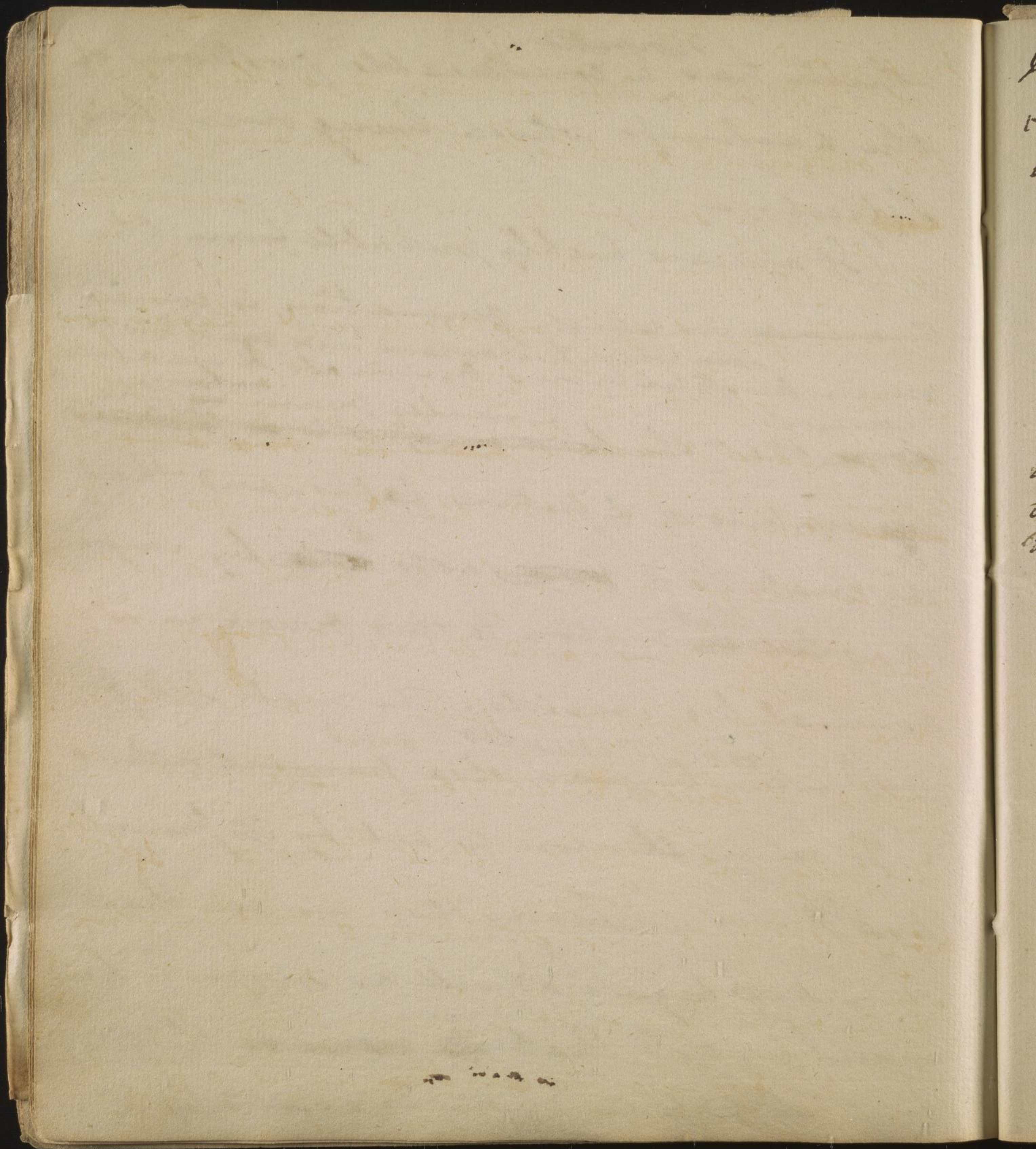
Spalanzani to overturn all these hypo-
theses of Generation, and to establish
by Analogy a ^{more simple} ~~more simple~~ ^{discovery} ~~more simple~~



dissipated 763

which has a considerable portion of
the darkness which hung over this
subject. -

It appears highly probable from the
manner in which generation is carried
on in Amphibious Animals ^{upon which Spallanzani made one of his ex-} & in a little
^{experiments} ~~that the female Ovary is~~ ^{containing the}
~~embryo of a future fetus, and that~~
the male seed ~~acts~~ ^{acts} by impar-
-ting ~~life~~ ^{that} emotion to this Ovary in w^{ch}.
animal life consists. The male seed I
said formerly ^{from Mr Hunter} was of a pungent nature.
- It seems therefore to act by its stimula-
-ting power. - From this we see that
Stimulus begins, as well as supports hu-
-man life, and that ~~the~~ ~~seed~~ the first
motion of life in man is excited by it.



In a word -

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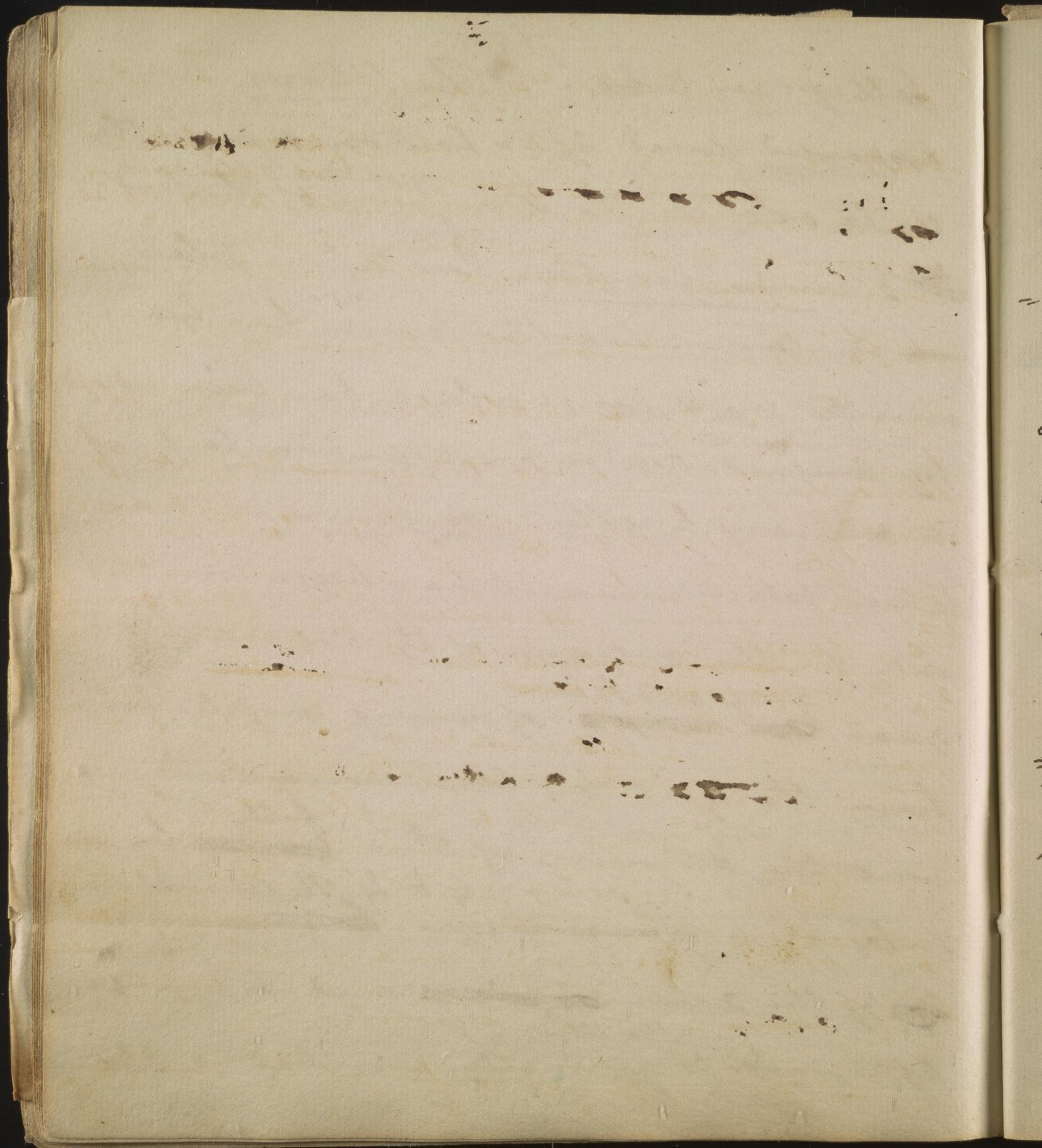
He is awakened from his long sleep in ^{that} his original embryofate, by means of force, which supports every subsequent part ^{animal} of his existence. —

A question now occurs, & that is how is the male semen brought in contact with the female Ovary? ~~the common reply~~ ~~is that the semen is~~ ^{the common reply} to this ~~question~~ question is that the Ovary is seized in the Act of Coition by the firmness of the fallopian tube and conveyed from the ovarium thro' the tube into the uterus, where it unites with the male seed, & is impregnated by it, — But there are ⁴ solid objections to this solution of the question.

1 a fetus has sometimes been found in the ovaria ~~in the~~ as also in the

✓ I knew a student of Physic in Edin^g
who was called upon to marry a ~~girl~~ ^{girl} to
whom he was engaged, in consequence of
her having become suddenly pregnant, who
told me that he had never had such a
connection with her as had ~~been~~ injured the
badge of virginity - ^{a noted midwife in London} and Dr. Lawden has de-
clared that he had ~~once~~ delivered a woman
in whom he found upon attempting to
introduce his fingers into the Vagina - the
Hymen still inviolate. . . . Dr. Johnson in
his midwifery relates several cases of the
same kind. . . . But Dr. Harvey goes further.
He mentions an instance of a mare that
~~had been ringed to prevent her breeding,~~
had been ringed to prevent her breeding,
that notwithstanding became pregnant. The
^{external} sides of the Vagina were burst by the passage
of the Colt into the world. -

fallopian tubes - 2. The uterus has
 appeared closed after coition so perfectly
 as to exclude the admission of the seed.
 #3 impregnation has taken place
~~not~~ in cases where the uterus has been
 mutilated by a penis which has been reduced
 by amputation or mortification to $\frac{1}{4}$ of
 its ordinary length - very rare, it has
 taken place where it has been mutilated
 only in the entrance of the Vagina - to the
 great ~~grief and shame~~ ^{grief and shame} of young people who
 have thought by these means to pre-
 vent the discovery of this ~~crime~~ ^{folly} by the
 subsequent pregnancy. ~~to prevent for~~ ^{V & H. The operation}
~~the~~ of the ovum ~~into the uterus~~ and its passage
 afterwards is generally ascribed to the



energy of the ven^{er}al organ in women,
 but this energy I believe is ^{often felt} ~~sometimes~~ ~~is~~ ~~often felt~~
 in ~~women~~ - who notwithstanding be-
 come pregnant from a venereal connection.

- To account for the Union of the male
 seed with the female ovum under all
 these unfavourable circumstances, I
 shall first relate one of Spallanzani's
 experiments. - He found that three grains
 of seed ^{of a toad} ~~was mixed with a pint of water~~ ~~in~~ in:
 - parted such a fecundating quality to a
pint of water, that a single drop of it
 afterwards impregnated the ova of a
 female toad. Now, may not the male
 seed ~~be~~ whether deposited in the uterus
 - in the vagina - or only at the mouth

✓ by lymphatics
~~by lymphatics~~ which possess a
specific power of absorbing ^{into action} ~~seminally~~
and which are excited by the sensation
of pleasure connected with coition? ~~But~~
~~should it be the same Part of the body?~~
~~In this way that should it?~~
Mr In^d Winter has proposed another
theory — turn over to V.

of the vagina be absorbed ~~and by the~~ ^{or conveyed directly to the female ovum}
~~by the~~ ^{or conveyed directly to the female ovum}
~~by the~~ ^{or conveyed directly to the female ovum}

~~to be~~ ^{conveyed} by the circulation

to the ovum, to act upon the female

^{= below} ~~ovum~~ [?] This was the opinion of

Dr. Harvey, and tho' it has been rejected

by the most Physiologists, I can

see no other to be ^{equally} rational, or

plausible. ⁼ The whole map of blood

does not bear a greater proportion to the

quantity of seed ^{ordinarily} emitted in

a venereal connection than 1 lb of water

did to three grains of the seed of the

^{in the successful experiment} ~~seed~~ mentioned by ~~Stebanrasi~~ ^{Stebanrasi}.

conceive further - that the ~~male~~ ^{ova in the} ~~seed in~~

female subject are stimulated specifically

~~V. If this thing should be unaccountable,~~

~~I shall mention another instance~~

It has appeared that all the ^{passages} ~~passages~~ from the

body have a motion in them, analogous to the peristaltic motion of the bowels, by which they gradually under certain circumstances ^{gradually under certain circumstances} propel their contents out of the body. - This is evident in

a gonorrhoea - ~~in the~~ ~~and~~ ~~in~~ ~~the~~ ~~urinary~~ ~~passage~~

~~the~~ ~~urinary~~ ~~passage~~ - and in some diseases of the ^{& involuntary} lungs - in which there is a constant dis-

charge of mucus from the trachea.

The menses are probably discharged from the Uterus & Vagina by a peristaltic

motion in each of them - But as in the bowels, so in some of the ^{passages} ~~passages~~ of the body

there is an inversion of this peristaltic motion. - we observe it in the Oesophagus

✓
~~By the male seed, and that it exerts no~~
~~Action upon any other part of the system.~~
~~- hence no inconvenience is felt from~~
~~it in unfruitful connections - and in these~~
~~connections the Absorption must necessarily~~
~~be the same as in those which prove~~
~~fruitful.~~

~~No more happens here that what~~
~~every circumstance~~
~~happens in many poisons which after~~
~~circulating in the blood act specifically~~
~~upon certain parts of the body. But why~~
~~mention the analogy of poisons?~~
~~A single grain of $\frac{1}{2}$ after circulating~~
~~for several days in the system has~~
~~excited a salivation by its specific stimulus~~
~~upon the salivary glands.~~

A several circumstances affect

~~in the~~ the case of Cardialgia Spontanea.
In like manner - may not the Vagina
- the uterus - & the fallopian tubes be
actuated by this inverted peristaltic
motion, and thus propel the Seed
into the ovaria? - This ~~theory~~ ^{theory}
will account for the pregnancy taking
place under the unfavourable circumstances
before mentioned, but as the inverted
peristaltic motion of the ~~vagina~~ ^{papae}
into the Ovaria - has ~~been~~ ^{been} inferred, only
from analogy, the ~~theory~~ ^{opinion} built
upon ~~it~~ ^{it is in my opinion} more hypothetical than
that first taught by Dr Harvey ^{turn over to p 480} ~~delivered~~

+ This ^{former} was here proved in many cases,
but lately in a remarkable manner at
Port Jackson in Botany Bay where a Dr
Harris informed Dr Weyl formerly of
this University that several barren
women had become pregnant im-
mediately after their arrival in that
and bore several children.
Country & One of them was an old

prostitute of near 70 years of age.
This influence of a change of climate extends to other
signals. The Rev Dr McLeary in his history
of St Kilda says that sheep when brought
to that Island from the neighbouring

Islands always breed the year after.
again 3 women from South Carol. visited
wards. Spent 2 months at warm springs of big. big. big.
7 - one 9 - one 13 yrs. All conceived afterwards.
A sensation of pleasure is necessary to
render a venereal connection fruitful, and
it is because this sensation is in a great

~~the stimulability of the ovum to the male~~
~~seed~~ - the issue of a venereal connection
 with respect to its becoming fruitful, -
 such as the activity of the male seed, - the
~~the~~ ^{the} ~~inversion~~ ^{inversion} of the peristaltic motion
 of the Vagina - Uterus - & Fallopian tubes if it occurs, - or
~~absorbing powers of the lymphatic vessels~~
~~of the Vagina~~ - and the ~~peristaltic~~ ^{healthy} healthy
 state of the ovaria, - . The two last are
 greatly influenced by a peculiar state
 of ^{female} excitability in the system - hence we
 find conception to be most certain,
 immediately before or after menstruation
 - after a fit of sickness & after long Abs-
 -ence - ~~and~~ after the action of fresh stimuli
 upon the system by a woman's
 visiting a foreign country & after using the warm Bath.
 No woman does the male seed act

in ~~the~~ the case of Cardialgia Sputatoria.

In like manner - men not the Veni-
or perhaps totally
clique destroyed, that prostitutes so rarely have
children. This ~~has~~ absence of pleasure
has been acknowledged by them. ~~It~~
follows one of the ~~causes~~ of ~~incontinence~~ formerly
mentioned. —

Three

The Semen comes in contact with the

~~the stimulability of the female~~
~~lead~~ - the issue of a universal connection
 with respect to its becoming fruitful, -
 such as the activity of the male seed, - the
~~the~~ ^{the} inversion of the peristaltic motion
 of the Vagina - uterus - & fallopian tubes if it occurs, - or
~~absorbing~~ ^{the} powers of the lymphatic vessels
~~of the Vagina~~ - and the ~~peristaltic~~ ^{healthy} healthy
~~state~~ ^{state} of the ovaria - . The two last are
 greatly influenced by a peculiar state
 of excitability in the ^{female} system - hence we
 find conception to be most certain,
 immediately before - or after menstruation
 - after a fit of sickness - ^{particularly a malignant fever,} after long Abs.
 - since - ~~after~~ after the action of fresh stimuli
 upon the system by a woman's
 visiting a foreign country & ^{and after using the warm Bath.} ~~after~~ ^{at the time of spring}
 No wonder does the male seed act

Ovum. Spallanzani tried whether
a volatile principle would not have
that effect emitted from it, but to
purpose.

† a third ~~theory~~ theory has been pro-
posed to account for Conception by Dr Haighton
and that is that it is the effect of sympathy
~~between the~~
of a specific nature. He supposes that the male seed
whether ^{in Uterus or Vagina} acts
in the same manner that certain substances
taken into the ~~body~~ stomach affect parts of the
body remote from it without ~~the~~ contact,
& that the stomach is affected by certain
substances applied to the skin which are
absorbed, and that do not enter into the
circulation. This opinion is ~~refuted by an~~
~~experiment of Spallanzani~~ refuted by an
~~experiment of Spallanzani~~ experiment of Spallanzani. He proved that
no impregnation took place unless the semen came
in contact with the Ovum. Even the vapor of

upon the female Ovary that it is torn
from the Ovarium, and conveyed gra-
dually, ^{& by a convulsive contraction} thro' the fallopian tube into the
Uterus. - The nausea - the disposition
to faint - the obstruction of the menses -
the tense pulse - the dry blood - the dry skin - high cold urine
- the pains in the teeth are all the effects
wakefulness - ~~the~~ yellow & black spots - exquisitely sensible
of a new and peculiar stimulus in ~~the~~ ^{gen}
part of the system. An hundred analogies
~~of similar & even greater commotions~~
in the system might be mentioned from
the action of certain local chemical &
mechanical stimuli. Besides the common
symptoms of ~~pregnancy~~ ^{conception} which have been
mentioned, I shall mention ~~several others~~ ^{several others},
one of which occurred under my
own observation! A Lady in this city
during what is called her breeding sickness,

~~The reason did a~~ ~~an impregnation~~
~~when applied to~~ ~~the~~ ~~upon~~
the whole I am disposed to believe ~~that~~ ~~con-~~
ception depends upon the absorption of semen
by dysphagia either directly or indirectly, and the
uterus being acted upon spirally by it. ~~the~~ ~~thus~~

& F. D. Whyt relates a case in which preg-
nancy discovered itself by a dislike to
snuff. Her relish for it returned as soon
as she was delivered.

6 Mr Dumas mentions an instance of
fatuity occurring as the first sign of
conception & pregnancy.

7 Dr Dumas informed me that he knew
a lady in whom a wish for a particular
kind of aliment which she cannot eat
at any other time evades the certainty
of Conception.

8 Some women pass the whole course of their
pregnancy without a symptom of badging sickness
of any kind. ~~after all midwives & Dr Denit~~ ~~781 Hany~~

The final cause of this is the nausea
& want of appetite which attend the
first months of pregnancy, & Hunter
used to say was to guard the system
against ~~inflammatory~~ ^{inflammatory diseases} to which it is
always predisposed from the stimulus
of the fetus more especially in its
forming state. may be relieved —

I have known two instances in this
city of Conception &c without the least
sickness during the whole course of pregnan-

cy. most of
the symptoms of conception which
have been mentioned cease after the 3^d month
but ~~some~~ ^{they} are often followed after a
time by many other of a distressing nature
Set Dumas of Dumas as fatuity as signs of pregnancy

has in two instances of pregnancy had
~~a coldness succeeded by a~~ ^{coldness succeeded by a} glowing heat
~~for an hour or two every day one~~ ^{for an hour or two every day one}
~~of her legs.~~ ^{of her legs.} ~~Dr. Harle.~~ ^{Dr. Harle.} ~~in England~~ ^{in England}
~~a woman in New Castle~~ ^{a woman in New Castle} always
~~know the exact time when she conceives~~ ^{know the exact time when she conceives}
~~and, by feeling a sudden & unaccountable~~ ^{and, by feeling a sudden & unaccountable}
~~pasion to steal every thing that came~~ ^{pasion to steal every thing that came}
~~in her way.~~ ^{in her way.} ~~3 Where pregnancy occurs while women~~ ^{3 Where pregnancy occurs while women}
~~give suck, it is sometimes discovered by the children refusing~~ ^{give suck, it is sometimes discovered by the children refusing}
~~to suck, or becoming filthy & impatient on the breast.~~ ^{to suck, or becoming filthy & impatient on the breast.}
~~How long the time is before the~~ ^{How long the time is before the}
~~impregnated ovum remains in~~ ^{impregnated ovum remains in}
~~the ovum, or what time it takes~~ ^{the ovum, or what time it takes}
~~to pass~~ ^{to pass} this is the fullipian
~~traces cannot be ascertained by any~~ ^{traces cannot be ascertained by any}
~~disputations that have been made.~~ ^{disputations that have been made.} The
~~whole business of conception, I believe~~ ^{whole business of conception, I believe}

the uterus did not induce impregnation when applied to
the ovum. It is reported further by an experim^{er}
~~of Dr. Ross's~~ ^{upon the subject of Dr. Hays's} ~~of many land who prevented conception~~
~~I shall compare further that there is a fashion~~
~~in a low by cutting off the fallopian tubes. This~~
~~in theories as well as in facts, and that it is~~
~~low had previously had physiology several letters of~~
~~and concurred in medicine to push a principle~~
~~being an eminence, pigs.~~ — Upon the subject of Dr. Hays
regard the natural limits of each of them. Thus
~~Animals - acids - alkalies - oxygen - galvanism~~
~~Electric for a while ruled all the phenomena of~~
~~life and diseases - inasmuch as it is very common~~
to ascribe to one cause that which sh^d. be
ascribed to more than one or two, also but one
effect from a cause which produces a greater
number of effects. This mode of reasoning has done
great harm in medicine. ~~I need not mention instances~~
of it. Sympathy has taken the place of electric^{ity}
oxygen - galvanism in explaining the phenomena^{ch}
of the human body. From the manner in w^h.
certain medicines operate ~~we have~~ ^{sympathetic} it has been
extended in proportion to all medicines. In like manner
from the influence of sympathy in explaining some
of the functions of the body, it is extended to them
all, and most erroneously perhaps to account for ~~Dr. Ross's~~
lent ~~some of~~ they are often followed after a
time by many other of a diskeeping nature =
~~Set down - of Diseases - & febrile as signs of pregnancy~~

has in two instances of pregnancy had
coldness succeeded by a ~~glowing~~ glowing heat
for an hour or two every day one or one
of her legs. - ~~the latter of these symptoms~~
~~of the latter relates~~
~~to Dr. Harle.~~ ^{in England} always
a woman in Crum (Castle) ~~Castle~~ always
knows the exact time when she concei-
ved, by feeling a sudden & unaccountable
passion to steal every thing that came
in her way. 3 Where pregnancy occurs while women
give suck, it is sometimes discovered by the children refusing
to suck or becoming filthy & unmanageable on the breast. ~~the~~
How long the time is before the
conceived ovum remains in
the ovum, or what time it takes
to pass ~~into the~~ this is the full opinion
which cannot be ascertained by any
dissections that have been made. The
whole business of conception I believe

upon ~~the whole~~ & a review of all the
theories I have delivered, I am ~~no~~ have
no hesitation in admitting that con-
-ception depends upon the ~~semen~~
^{this the Gallegian tries}
being conveyed either directly, or ~~by~~
indirectly by ^{absorption}
means of the ~~lymphatics~~ ^{to the uterus,}
to the ~~ova~~ ^{the female ovum}
in the ovary, ^{which according to Harvey}
to possess the same sensibility to its stimulus
which the brain possesses to those
stimuli which produce sensation and
thought. — return to p. 768 A

✓ 4 Dr Dupuy mentions an instance
of women who never sweated but on
one side of her body. No sooner did
she become pregnant, than sweat app?
on both her
a case in ^{ch} w:
sweats on one
sign of pregnancy.

appreciable

side. He relates further
how the absence of
side was ~~the first~~ a

liver, tension. ^{lentigo -}
such as ~~swelling~~ in the abdomen & pains in
the back & head ^{a full & hard pulse - thirst - heat} of the skin ^{costiveness} - ^{hypertension} or
involuntary flow of urine - jaundice ^{toothache} & now
& then swelled legs. From a careful view of
all these symptoms, I have been led to
consider the female body as in a diseased
state from the beginning of conception to
the period of delivery. The disease partakes
of many of the symptoms of fever, & is re-
lieved by the remedies used for fever from
other causes. But its effects moreover upon
the uterus are the same, as the effects of disease
^{are} when it appears in the form of inflamⁿ: ~~are~~
upon other parts of the body. It enlarges it
according to Mr Hunter to 50 times its natu-
-ral dimensions. Inflamⁿ: has ^{nearly} the same
effects upon other viscera - particularly the ^{liver}
^{the} ~~liver & the lungs~~ ^{this swelling of the uterus} ~~It is~~ cured by the same
remedy after Child birth, that cures other

to be performed in the Ovarium. ~~The~~
 The impregnated Ovary seems to be con-
 -veyed into the Uterus only to be nourish-
 -ed. The Ovarium, ^{therefore} may be compared to
 a hot bed, in which the first life is in-
 -spired to the seed of a plant, ^{while} the Uterus
 may be considered as a large green
house in which the same seed is after-
 -wards transplanted, and sheltered from
 the weather. Until it has ~~acquired~~ ^{grown to}
 such a size as to bear the action of
 the external ~~air~~ upon it. —

I have hitherto called the male fluid
 a Stimulus only. But it is a stimulus
 of a peculiar kind. It a secreted liquor
 it is true, ~~but~~ it seems to be formed not
 only from ~~the fluids~~ the fluids lost from

Swellings from inflammation. viz: Bloodletting.
The lochia - ~~are~~ ^{are} the blood which is gradually
discharged for this purpose. - return to 781 K

V The same reasons account for the
delay of the ~~formation~~ ^{evolution} of the ovaria,
& the production of the ova in females
~~at~~ until the age of puberty.

[But another solution is given of the
cause why children resemble their parents, &
that is their having them constantly before their
eyes. ~~The~~ It is certain the inhabitants of
towns villages, & whole countries have a
general resemblance to each other & from the
above cause. But the resemblance of child?
to their parents is often perceived at birth,
before ~~they~~ ^{are} their eyes or faculties are
so far opened as to know them. Bastards
are said to bear the greatest resemblance to

the solids, & not - only from the body but
the mind of ~~man~~ ^{man}, - and this I take to be
the reason why it is not formed until
the body has acquired its full growth, &
this is the reason likewise
why I formerly supposed the change ⁱⁿ of the
~~solids~~ ^{solids} to at puberty to influence the de-
-tion of the seed. ~~after the seed~~

[As every part of the body at it were
clubs its proportion of matter to form the
human, it is no wonder that we find
children resemble the male as well as
the female parent. no more happens
here, than what happens in many cases
of impression upon the body from other
stimuli. - The stroke with the open
hand on the tender flesh of a child produ-
ces as obvious marks of every finger.

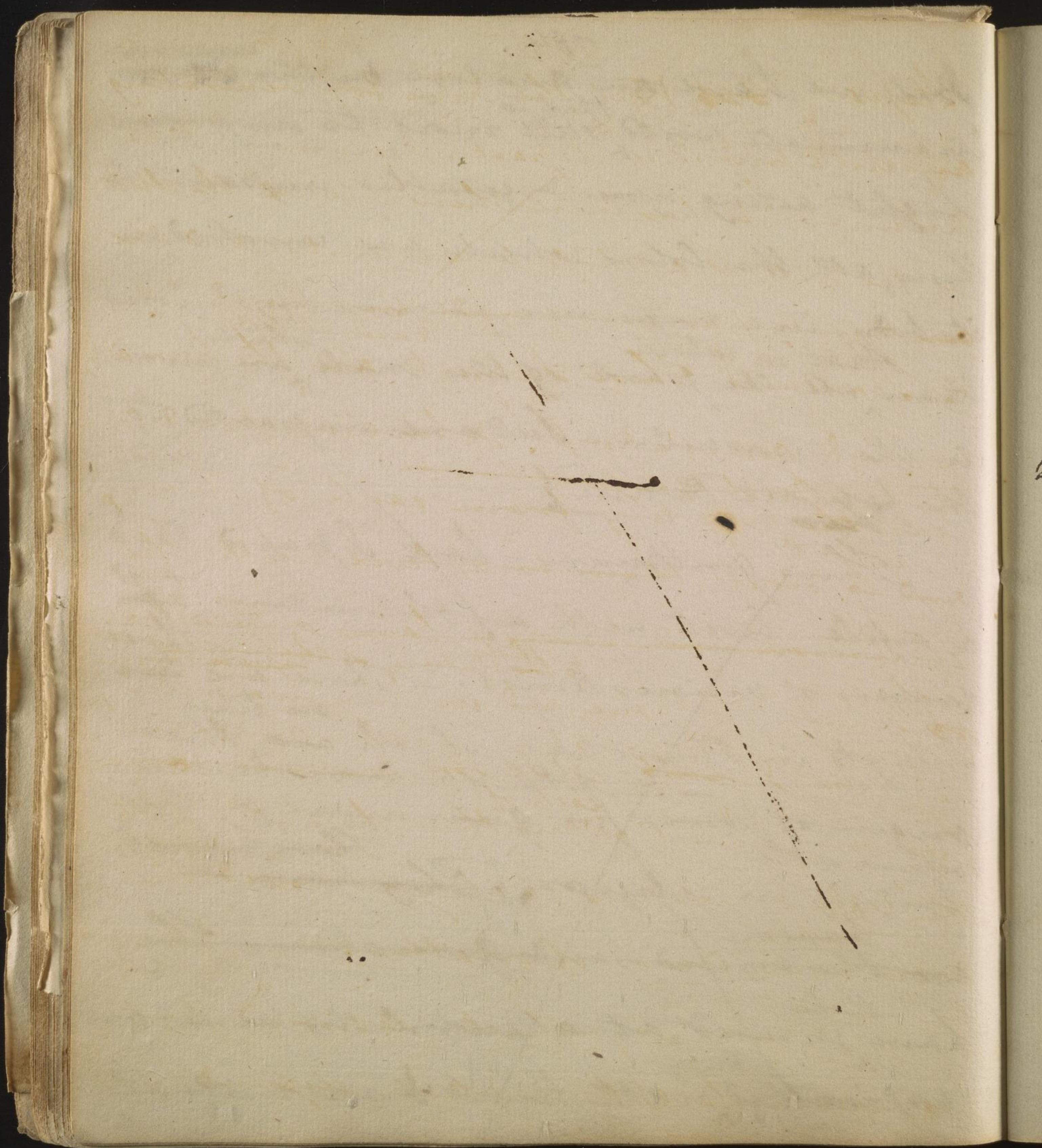
their parents, especially their fathers.]

1784.

But we have an analogy in the ~~inanimate~~ ^{that is} world still more to our purpose.

Light acting upon vegetables imparts to them, all the colors which are involved in its body, in a manner no more mysterious than ^{that in which} all the parts of the male ^{which} are involved in the masculine seed are imparted to the female Ovary. —

~~Thus gentlemen — hence I passed thro' a defile — beset with dis. obstructions ^{and} of three dangers of various kinds. — There are ~~two~~ ^{are like} subjects in Physiology, which ~~are~~ ^{are} the — the action of the will in morals — origin of power in government, & the doctrine of the Trinity in religion. ~~They have~~ ^{These subjects} ~~are the mind and generation. They~~ ^{have} ~~been~~ ^{been} viewed at a awful distance, or ^{only} approached with timid & reverential~~



Steps. — ~~But~~ But the time for venerating
 ancient prejudices is past. Government like
 animal life has been shown to be the effect
 of the wills of a whole community, and the
~~community~~ ^{animal life} has been reduced to
 the standard. These subjects are the human
 mind, & generation. I have ventured to
 bear the ^{veil of} ~~mystery~~ from each of them, ^{and}
 and to reduce them to a level with the
 common and known laws of matter.
 If I have not succeeded in my inquiries, ^{into the nature, of each of them,}
 — I hope I shall have ^{laid a foundation} ~~inspired some~~
 for your investigating ^{each of} them hereafter, with
 the same boldness that you would the
 common laws of matter.

I am so perfectly satisfied that
 the business of generation depends upon

V ~~Dr~~ Delamare (a French physician) has
broken the ground upon this subject. ~~It~~
~~It~~ It has long been observed that
Bastards possess an uncommon portion of
mind. The Dr ascribes this to the mind of
the father being more highly excited by the
contrivance & execution of his stratagems for
the seduction of innocence, & by the mind of
the woman when pregnant, being equally
excited by contriving schemes to elude the disgrace
& expenses induced by her prostitution. We
shall have no difficulty in admitting
this solution of the question, if we admit
the mind to be material, or the result of
organization, ~~and~~ to club its proportion
towards the formation of a child. It has
~~It has~~ ~~unanimously~~ been remarked that
~~that of sexes requires~~
mothers contribute more towards the

principles obviously mechanical, & I
 I have no doubt but the time will come
 when it will be ^{as} possible to tell ~~from the~~
~~the nature of the~~ ~~the nature of the~~ ~~the nature of the~~ what
 in children
 portions of beauty & understanding will
 be the consequence of the Union of persons
 of certain qualities of body & mind in
 matrimony, as it is now is, to tell what
 will be the result of the mixture of
 certain single Substances in Chemistry.
 - Our ignorance upon this subject arises
 wholly from a want of observation. ✓

Agreeably to our syllabus I sh^d.

next have proceeded to treat of the gradual
 formation ^{of the} ~~of the~~ nourishment ^{& of the circy:} ~~of the~~
 - cation of the blood in the
 fetus in the womb, but you will
 bear each of these subject discussed

formation of genius or mind than fathers. I have
observed it in 9 out of 10 families of children, so #

V I would only observe upon the
subject of the nutrition of the fetus,
that Dr Darwin has lately revived
the old doctrine of its being carried on
by means of the liquor amnii. He
supposes further that ^{the blood is} ~~the fetus is~~
conveyed to the ~~and~~ fetus by the
umbilical cord, not to nourish it,
but simply to supply its blood
with oxygen.

true it is - "sensus sequitur, sequitur
sensus". There is scarcely a history of a
man much distinguished for talents
or virtue, that had not a sensible
or pious mother.

Upon the Subjects of Genes & ~~the~~

~~in~~ in the most ample manner from
the Anatomical Chair. V

The ordinary period of pregnancy is
nine months - but to this there are
some exceptions. - Books of medicine
mention 13 ~~months~~ & 5 months as
the two extremes of natural ~~pregnancy~~ pregnancy.

Dr Harvey records several cases of Un-
equivocal births at the end of six
months in which the children have
survived their native weakness. It is
of consequence to know these facts, as
we may in some instances ^{by this means} preserve the

peace of families & even the order of
Society. ^{Dr Harvey} mentions a case of a ^{child} born
in the 5th month, that lived to be 12 years old. -
The history of extrauterine con-
ceptions, also of superfetation belongs.

✓ Before I conclude this subject I have to remark
The presence of the hymen is supposed
to indicate be the mark of innocence ~~and~~
~~its absence~~ & its absence, a mark of
vice in a young woman. But the latter
is not universally true. It is sometimes
absent naturally, & frequently ^{by falls - by rapid walking &} destroyed
by the disease, particularly by the Leucor-
rhea which is ^{often} attended with a humor ^{again}
so corrosive as to inflame & erode it. It is
removed in some instances provided Coitus does not
take place soon afterwards. ^{applicable to jurisprudence}

no female but the humor has a hymen.
& the seat of the female ^{of cultivation}
I shall early add, that the uncertainty w.
still hangs over this ^{has} ~~is no circumstance~~
but very little influence upon the ^{or} progress
of our science towards perfection. Should
those mysteries of nature ⁱⁿ never be revealed,
we may still ~~con~~ go on increasing our
knowledge of the causes & cures of diseases.

74
788
to pathology. — ✓

At the close of natural pregnancy, the fetus makes efforts to escape from its place of confinement by altering the ^{reasons} direction of its head. many ~~have~~ been ^{given} ~~described~~ for the commencement of childbirth. One of them certainly is the efforts of the child to open a passage ^{throes} for itself into the air. Perhaps the ~~throes~~ of the mother are produced only by the irritation of the head of the child upon the mouth of the womb. These throes are connected with such extreme pain as sometimes to induce syncope & death. ~~I cannot imagine the degree of pain which is experienced~~ A certain degree of pain is supposed to be necessary.

1841

connected with childbearing. It is
 true - it is the ~~curse pronounced~~ ^{curse pronounced} ~~upon the female progenitor of the~~
 human race, After she had discovered
 her Mother, but it is equally true,
 that man was condemned, ^{for the same offence} to earn his
 bread with the sweat of his brow, and
 yet many thousands of the human
 race from the efforts of human ingenuity,
 or from the natural fertility of some
 countries, live without labor, and of
 course escape the curse pronounced upon
 our male progenitor. I do not think
 there is an unchangeable & necessary
 connection between pair & childbearing.
 In some countries in Africa, ^{& South America,} there

✓ The Turkish women take sweet oil
for some months before delivery to lessen
the pains of Childbearing. It can act only
~~as a~~ by inducing debility as an evacuant.
A Len discharges her egg with signs of pleasure.

travellers tell us that women bring
 forth children without pain. Buzdane
 says that ~~they offer~~ the women in
 Sicily suffer scarcely any pain in
 childbearing, and a man midwife of
 extensive experience from St. Kitts
 informed me that the women in
 the West Indies bring forth children
 with much less pain ~~as~~ than is felt
 by the women of more northern coun-
 tries. — I have ~~in~~ frequently observed
 the pains of
 childbearing to be ~~much mitigated~~ much mitigated
 by bloodletting a few days before
 delivery, & I have uniformly observed
 delicate & sickly women to have the
 easiest labors. — Do not these facts

V These gentlemen were my opinions
thus cautiously delivered ~~in the year 1795.~~
~~But~~ But I no longer ~~at~~ deliver them
as conjectures. From my own observations,
and from the experience of many prac-
titioners of midwifery, I am now satisfied
that the pains of parturition are as
much a disease as a pleurisy & folio,
& that ^{they are} ~~to~~ to be relieved by the same
remedies w^h remove this ~~disease~~ pain from
all these other causes. ^{The chief of these is =} I shall mention
those Remedies hereafter. In the mean
while you may see the facts I have
collected, & my reasonings upon this
subject in ^{a number of} the Medical Repository pub-
lished in Aug^r 1801. ~~transferred to D~~
Bloodletting. ~~acts by inducing direct bleeding,~~
the dilution of the blood, &
and thus relaxing the system, so to favour

suggest to us that it is as possible
 by the efforts of human genius to
 alleviate the ~~curse~~ ^{pain of childbearing} inflicted upon
 women, as it has been for human
 industry to obviate ~~that~~ by agriculture
 the curse inflicted upon the earth.
 = Bloodletting. ~~The ~~curse~~ efficacy has~~
 It was introduced into this City & it
 = ~~was established not only~~
 by Dr. Sydenham of this city, ~~long before it was~~
~~known in this country.~~ ~~It is said~~
~~to the knowledge of Dr. Sydenham by Dr. Hamilton~~
 of Edinburgh is it prescribed even the midwives in
 Genoa. ~~Italy~~. It is called for more than [says Dr.
 Bray of Leghorn from whom I rec'd the information]
 from the peculiar dysreg of the air & the inflamⁿ
 type of all the diseases of that city. ~~The~~
 discovery of this remedy to use the words of
 the "Dr. Shippen" marks an ~~epoch~~ in the
 history of midwifery.

paralytic, but the same effects have been
produced by large doses of opium, - by the

convulsions of Epilepsy, & lastly by a fit
of Drunkenness. All these act by inducing
such a degree of ^{Disruption} ~~indirect~~ debility as to
suspend sensibility, ~~with~~ but without
impairing ^{the} Irritability, or the power of
motions in ~~the fibres~~ those parts of
the body which exclude the pates. Per-
haps they encrease them. You may
find ^{on this subject} ~~any opinions & reasonings~~ ^{supported by many} ~~to Op. 793~~
more facts than I have mentioned, in the Medical
Repository of New York for Aug 1801. ^{or in the 4th vol.} ~~transferred to~~
of my Inquiries. (A) 12:743 0

pain altogether, and thereby repeal
the curse inflicted upon woman
after her fall from innocence in
the Garden of Eden. are important

of opium would be as would hell
 the system into a paroxysm of universal
 indirect debility. ^{But whether} ~~I will not attempt to~~
~~that opium in large doses~~ ^{or capious} ~~is~~ ^{is} ~~not~~ ^{is} ~~in~~ ^{is} ~~obviating~~ ^{is} ~~the~~ ^{is} ~~pain of childbearing,~~ ^{is} ~~but~~ ^{is} ~~I have no~~
 doubt, but the time ~~when~~ will come
 when this pain will be as certainly,
 & as universally prevented as mitigated
 as a fit of the Colic. ~~from over to~~
 18793

The next article in our syllabus
 is the different stages of life. I have spoken
 of one of them viz: of Puberty. Each of
 the others will come in more properly
 when I come to treat of the diseases
 of the different stages of life. —

~~It is not only that I define~~

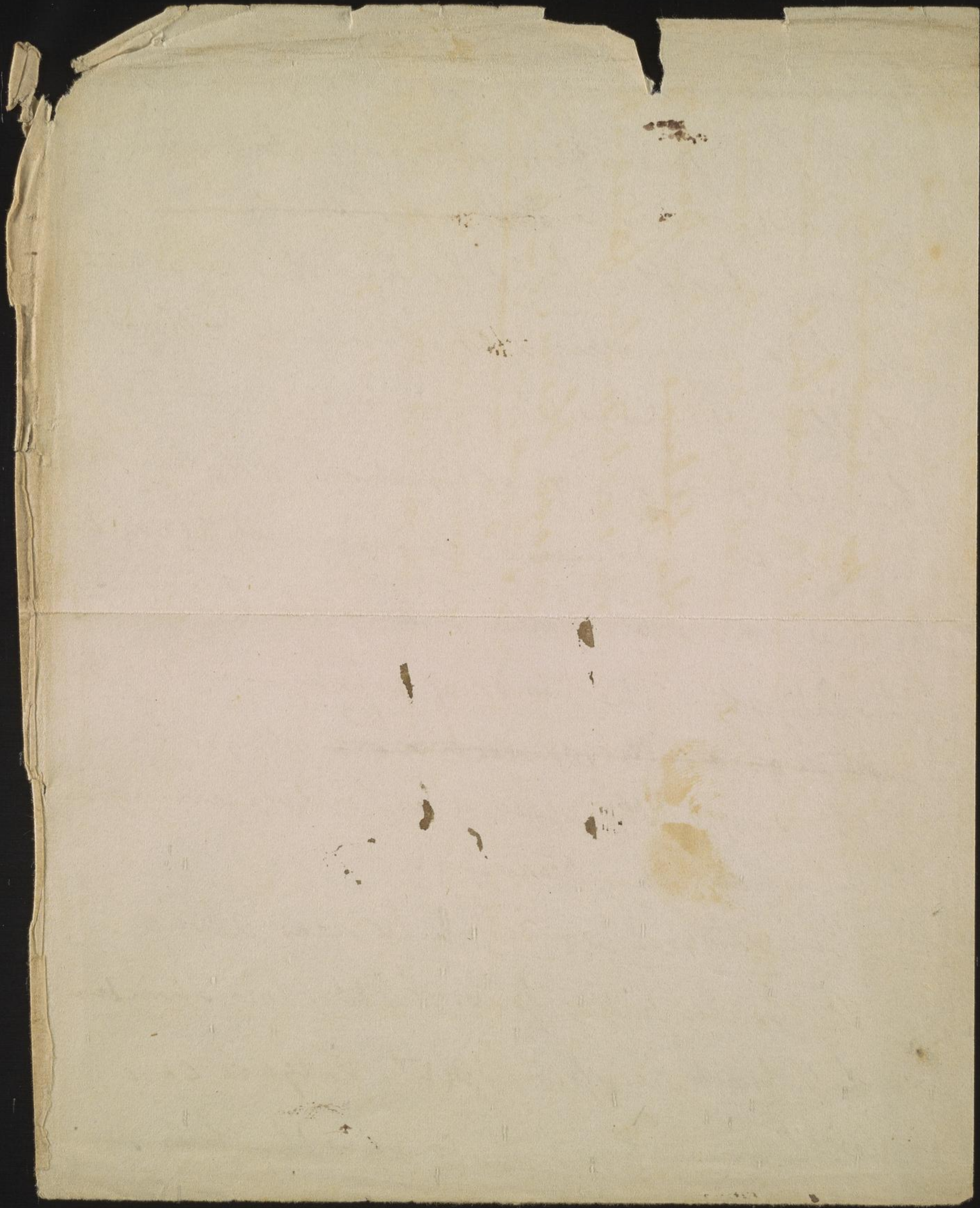
It would an act of ingratitude to deny
 Subject of Generation without acknowledging
 our obligations to ~~Dr. H. the illustrious~~ Dr.
 Harvey for the light he has shed upon it
 by his numerous experiments & observations.
 To this illustrious physician we are indebted
 for dissipating a great portion of the darkness
 in which the indolence & ignorance of ages, shrouded
 by the errors of Galen & Aristotle had involved
 this Subject. The words of a contemporary poet
~~inform us at the same time~~ & physician
 shall supply the place of an eulogium upon
 him upon this occasion.

"Live modern wonder; & be read alone.

"Thy brain hath issue, tho' thy loins have none.

"Let fruit Suspicion, be the vulgar's care,

"Great Generations Self, is now thy heir.



fact upon this subject. A lady Mrs Hall
who had been subject to Epileptic fits,
was delivered in one of them. Upon
her recovery from her fits, she declared
she had felt no pain, and was much
astonished to see a child ^{that had been} taken from
her lying by her side. —

O. There is but One Question connected with
the history of the fevers in Utter that I shall
take notice of in this place, & that is the
Origin of marks upon Children. They have
been ascribed to the imagination - but this
is unphilosophical. mention Dr Hunter & Dr
McLear's fact. The system more plethoric in
pregnancy that at any other time - & such
effusions as favor marks ^{are} more apt to
take place than than in any other state
of the system. ^{if these are communicated to the} return to p. 792 &
notus.

793

The analysis of the ~~solids & fluids~~ of
the body has been ^{giving} ~~taught~~ already
in speaking of the blood, & of the
secretions & excretions. It will be
improper to speak of the artificial
analysis of the fluids or solids. Until
we have traced the effects of disease
& death upon them in our pathology.

We have thus agreeably to our
syllabus taken a view of the functions
of the human body - and of the faculties
& operations of the human mind. In
the easy and pleasant action of ^{of the body} ~~these functions~~ and
faculties of the mind,
consists that inestimable blessing we
call Health; ~~Health~~ or in other
words, ~~in~~ Health is that state of the

Before we take leave of the human body
in its healthy state, it will be necessary to take
notice of two opinions that have prevailed in
with respect to the means of preserving health
and it in this state for ever, or for a number
of years far beyond ~~to~~ the present duration
of human life. The possibility of producing
perpetual existence, in our world ~~by~~ has been
held by some writers. Dr Price once thought
it possible. ^{Certain improvements in} ~~Physical~~ ~~means~~
philosophy ^{said} were to be the means of producing
this earthly immortality. I need not spend
a moment in exposing the error of this opinion.
~~I would as soon say~~ "Dust thou art, &
unto dust, shall thou return" is ^{the} ~~an~~ uni-
versal, & necessary law, ^{from} ~~to~~ which there can
be no ~~special~~ ~~exception~~ ^{no} ~~intention~~ inflicted upon
man from which there can be ~~respite~~ ^{no} ~~respite~~.
~~Death is the natural~~ we live by force,

System in which ~~the~~ its excitement,
 & excitability, are in an exact ratio to
 each other, and both equally diffused
 thro' every part of the body & mind. This
 definition of health admits of a considerable
 latitude - It excludes strength as an in-
 -gradient in health. - An ^{effeminate} ~~effeminate~~ ^{action} ~~action~~ ^{can} ~~can~~ who
 cannot bear the ~~heat~~ ^{action} of the sun for a
 single hour upon his body, and a
~~strong~~ peasant who can work a whole
 summer ~~in the sun~~ ^{in the sun} exposed to its
 burning rays without inconvenience,
 may both be in equally good health,
 - for in both, the excitement & excitab?
 of their systems are in an exact ratio
 to each other. ~~for the peasant~~
~~Here - then we~~ ^{gent.} ~~quit the human~~ ^{take over}

Death is our natural state. ^A ~~But~~ ^{Opinion has} ~~many~~ ^{been} ~~deluded by the~~ ^{many} ~~Physicians~~ ^{such as were} ~~and~~ ^{deluded by the} ~~Magicians~~ ^{particularly} ~~persons~~ ^{the Alchemists} ~~is that~~ ^{is that} ~~have thought~~ it possible to protract life to the Antihurian Age, by certain medicines or modes of living. Paracelsus ~~had~~ was the father of this Opinion. ~~He invented~~ ~~many medicines~~ The liquor called this ^{Proprietary} ~~Proprietary~~ derives its name from its being supposed to possess a power to prolong life. ^{Remedies} ~~many medicines~~ ^{usually} ~~usually~~ ^{about} ~~usually~~ have been recommended for that purpose, such as Oil in the Spring of the year, & the transfusion of the blood of young animals into old ones, ~~and~~ They have both been tried often, but without effect. The ~~latter~~ ~~and~~ ~~former~~ ^{former} was practiced, & is still popular in Germany, - the other was tried above a Century ago in

last pleasant view of the body of man.
 we have beheld him with his form erect;
 his face ruddy, - his eyes sparkling with
 health, - his bones full of marrow, - his
 muscles filled with blood, - ^{all} his senses in
 perfect unison with external & internal
 impressions, - and his body in unison w.
 every faculty of his mind. ~~He is now~~
~~about to enter a new and very different~~
~~situation.~~ — In a retrospect of this
 curious and beautiful object
~~which we have enjoyed~~ I feel as if
 I were gazing for the last time upon a
 splendid & venerable palace, which was
 destined to speedy destruction by the hand of
 time or
 war, for hereafter we must consider the

France where it was laid aside in con-
-sequence of its producing insanity ~~but it has~~
been used occasionally with more success than either of the two
I still believe it possible for man to
remedies that have been named, but without the effect expected from it,
attain to a much greater age than is
now common in the world. ~~perhaps to~~
~~the Antediluvian age.~~ The efforts of the
in removing
system to ~~remove~~ the teeth, and the eyesight,
the occasional return of the menses in old women, a
clearly prove the body to possess secret
or latent mass of excitement. This
may be called birth, & the present stock
used ^{with so much} ~~economically~~ in a future
and happier state of human affairs, ~~the~~
and thereby life be protracted as to produce
something like the Antediluvian age. The
means for this purpose will be physical
Revelation favours this opinion. One
of the ~~prophets~~ ~~apostles~~ alludes to

body and mind of man as exposed from
a thousand remote & exciting causes to
pain, - disease, - deformity & death. To enu-
merate these causes, and to explain the
nature of those morbid & distressing pheno-
mena which are produced by ~~long~~ them is
the business of Pathology, and this ~~is the~~
~~will succeed a few remarks upon~~ ^{will succeed a few remarks upon} ~~is called~~
~~Hygiene~~ - or the means of preserving health.

go to p: ~~880~~ 789

~~The same fate has awaited all the boasted
means of eluding ~~death~~ the depth. Live says
a celebrated French writer (M. Alibert) is as ~~as~~
eternal in performing the business of destruction,
as nature is in the business of ^{creation} ~~destruction~~
nor can an anchor ever be cast into the river
of life so as to arrest for a moment our passage
down its everflowing stream. The common~~

it when he says ~~man shall plant vineyards,~~
~~and eat the fruit of them~~ a man shall
die a boy at a 100 years old - that is, ~~his~~
his 100th year shall be compared with the
age to which even shall then attain, the
same as ^{the} 10th year now is compared with
the present duration of human life.

~~The means of producing this longevity~~

will be physical - rational, & moral.
The changes in the earth by cultivation
will dry up all the present sources of
putrid exhalation, - while reason &
religion shall teach men to avoid all

the ^{remote & exciting} ~~causes~~ causes of disease from
heat, cold - errors in diet & dress, and the
unhealthy influence of the passions upon
the body and mind. ~~return to 1743.~~

duration of human life is from 70 to 100.

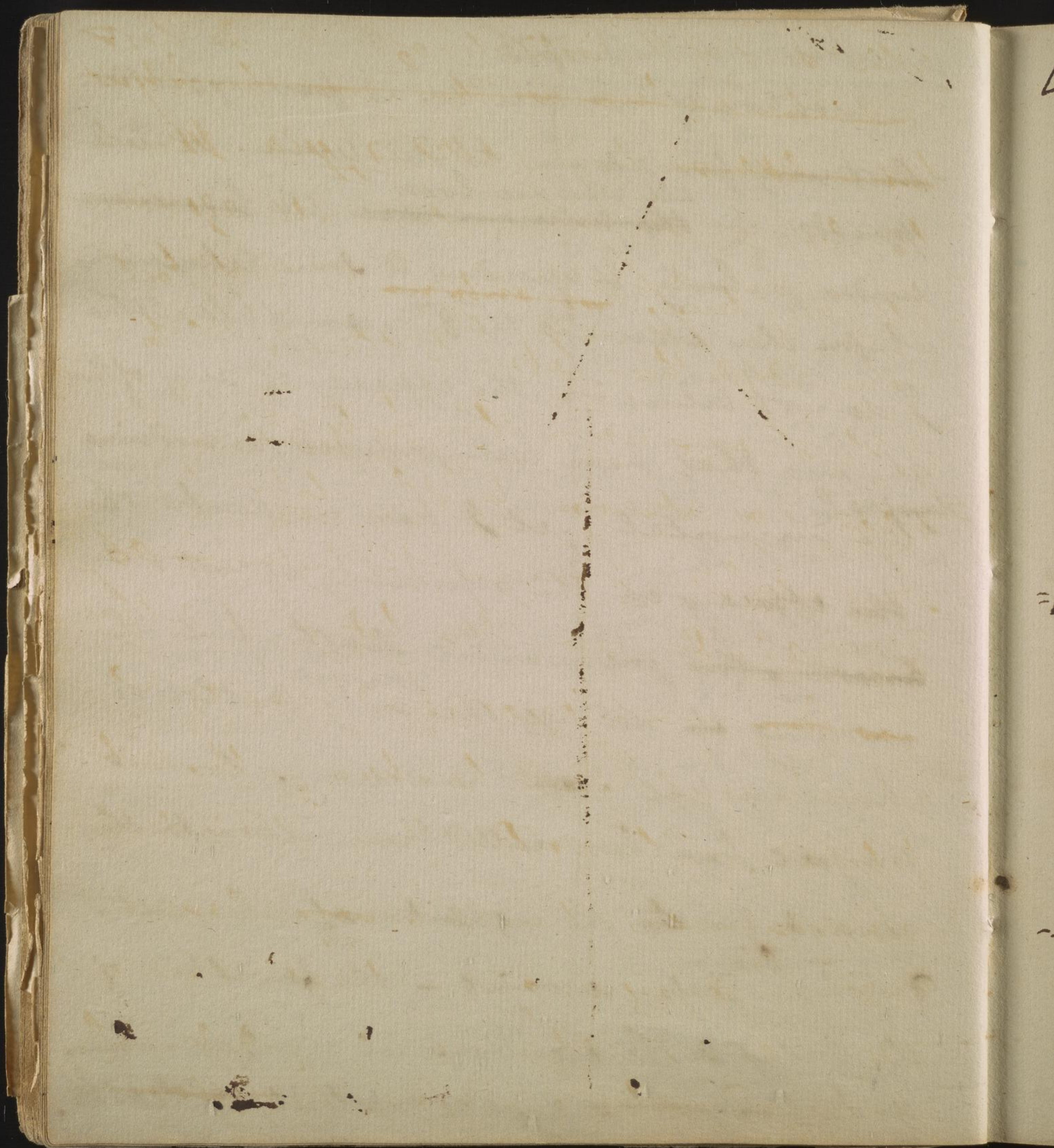
- But very few attain to the former of those periods. ^{all who are born} $\frac{1}{2}$ ~~the human race~~ die ~~before they~~ under puberty, & according to some calculations before they attain to the 8th year of life. Altho'

I do not believe in the efficacy of any of the means that have been proposed for ~~rendering~~ ^{physical} life immortal, yet I have no doubt of

~~the efficacy of~~ the possibility of not only ~~preventing~~ ~~meeting the~~ premature death, but of rendering ~~the~~ old age the ^{principal} ~~early~~ outlet of human life. ~~the~~ The means for this

purpose have been called ~~naturalists~~ ^{naturalists} they consist in ~~the~~ the regulation of elements - ^{Air} - Diet - exercise - the faculties of

the mind & the exertions in such manner as to ~~prevent~~ ^{secure} perpetuity of Health.



297
[This part of the institutes of medicine has
~~much has been written upon this subject~~
~~but to little has been called Hygieia.~~ Much
has been written upon it in all ages & in
all countries, ~~not only in~~ even the poets
have added their labors to those of philosophers
& physicians upon this subject.] Even
a want of attention to the relative circum-
stances which influence the ~~influence of~~
diet - air &c upon the body & mind, there
~~has been~~ much error, and that of a
mischievous nature has been published &
believed in the world. These relative cir-
-stances are 1 Climate, ~~very~~ season.
2 Different degrees of civilization. Very
different kind of aliment, & very differently
prepared - also very different ~~positions~~

✓ 5 The assimilating power of man to
circumstances, so that offensive things
become not only nourishing, but
agreeable from repetition from one
of the laws of habit —

different degrees of exercise - temperature
 of Air ~~is~~ ^{age} ~~is~~ ^{is} proper in all the grades of
 society from that of the savage to the highest
 degrees of civilization. The same thing may
 be said of 3rd ^{by} ~~employment~~ ^{employment}. A farmer - a
 soldier & a sailor require a different mode
 of life from a ~~mercantile~~ person who lives
 in the enjoyment of the luxuries of a city
 life. 4 Persons of different ages & of the two
 sexes, and lastly the Variety of ^{positions or the} ~~circumstances~~
 have been called
 all require ~~a~~ a considerable latitude
 in the use of the means for preserving
 health. I shall confine the remarks I
 am about to ~~be~~ deliver to the citizens
 of ~~the United~~ our own country. You
 all know the nature of our climate

I cannot take leave of this part of
our course without ~~talking~~ calling
upon you to collect the difficulty
I found in answering a question pro-
-posed to me by many of you [&] that
was what book you should read
upon Physiology. You will now
perceive that the system I have taught
is ~~not to be found in Books~~ & the differs
in all its form all the systems that
ever have been published. It is ^{life} animal
The Doctrine of animal ^{life} which I have
~~described~~, ~~informs~~ has animated nearly every
function which I have described. ~~At~~
The new ~~theories~~ explanations I have
given of the ~~many~~ of the operations

and the degrees of civilization & the con-
-stitutions of our citizens. When they
differ in age, it will be easy to apply ~~the~~
~~our~~ general principles to each of them.

I shall begin with Aliment, &
^{& Drinks, & their} ~~consequences~~ ^{commemorate} its kinds, the best
modes of preparing them & the properties
& manner of using them. go to 2^o 15
p 585 X

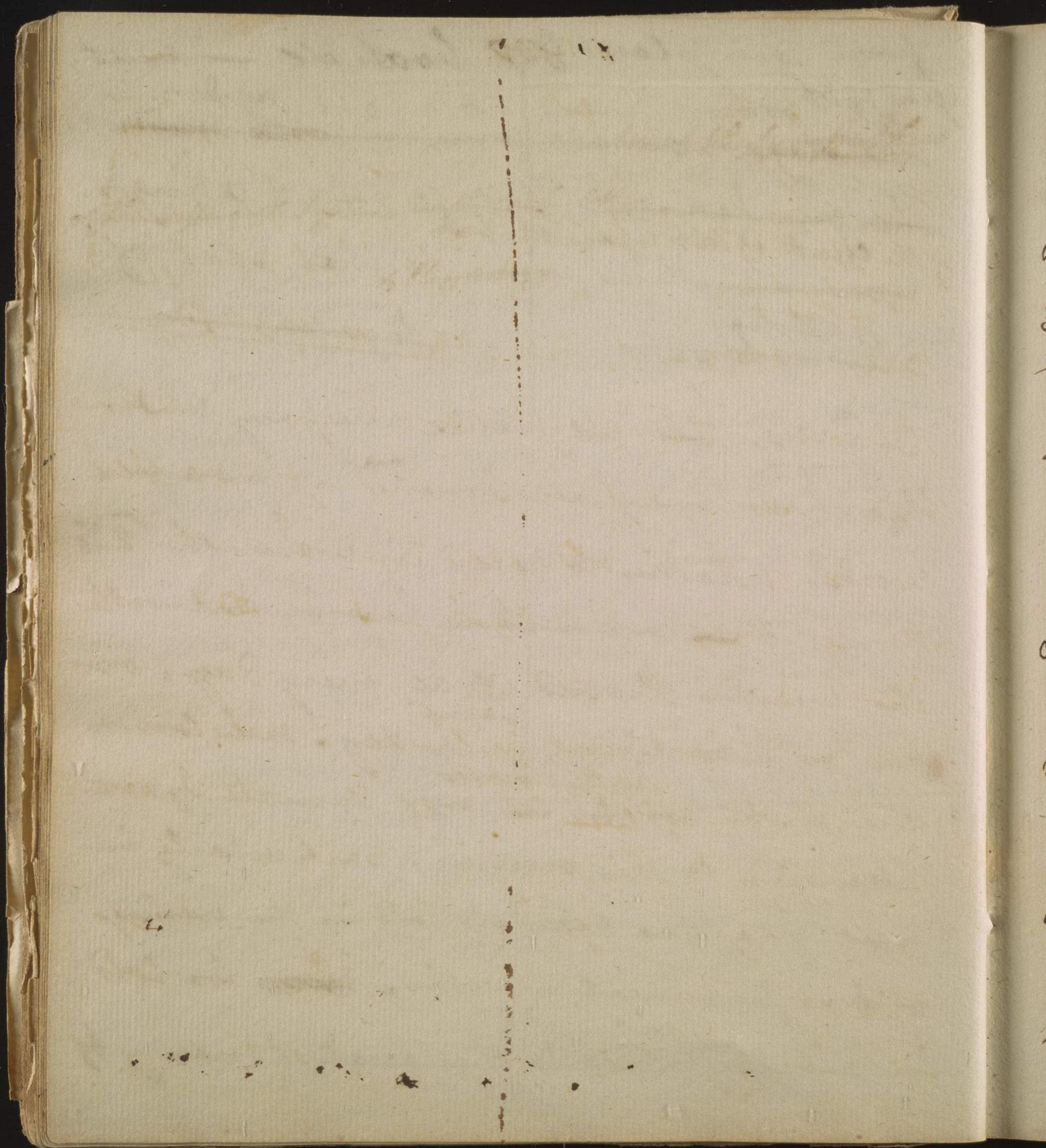
Having thus treated of the Aliments &
Drinks as far as they contribute to health
& longevity, I ~~shall~~ ^{now} proceed to make a few remarks
upon the other ~~ex~~ circumstances ^{ch} are
connected with the same objects, but they
2 of ~~the~~ ^{are} of the relative effects of air
upon the body: I shall speak ~~of~~ ⁱⁿ our
living in our houses &c

of the mind & of the ~~same~~ ^{Omentum} ~~offices~~ ^{also of the sympathies}
the Spleen, Liver, & Lymphatics, have
of the different systems with each other, —
added still further to the diversity of
my ~~opinion~~ ^{System of Physiology} from those which are
to be found in books, & that are taught
in other Universities. I do not say my
~~or theories upon these~~ ^{functions of these parts}
they are true — but I will say I
believe them ^{to be true} and that ^{they} ^{completely} ^{have revolutionized}
my principles of practice in pathology
— Therapeutics & the practice of medicine.
— As several of the Gent: who composed
this class did not hear ~~very~~ ^{the} lectures upon
animal life, I shall deliver a summary
of them in a few words —

from low: place 800 book de — next
year 1806 ^{as they}
~~Pathology~~ will all ~~come in~~ ^{under} ~~with~~ ~~under~~

~~the~~ ~~our~~ ~~Pathology~~, I shall defer treating
of the effects of air upon the body
~~upon these till I come to that part of~~
~~Pathology~~
~~our course~~ — go to p 793

3 Drefs. ~~The~~ all that is necessary under
this head may be summed up in a few
words. 1 Rather to exceed in warmth. 2 To
change it ~~in~~ not with the season — but with
the weather should it be every day, or
two or three times ^{same} in the day. 3 To cover
one most affected ^{by the disease} in our climate by not
attending to this practice, particularly in
not guarding against cold in the evenings
of our Autumnal months. ~~2000~~ for cold
in all countries is the greatest enemy of

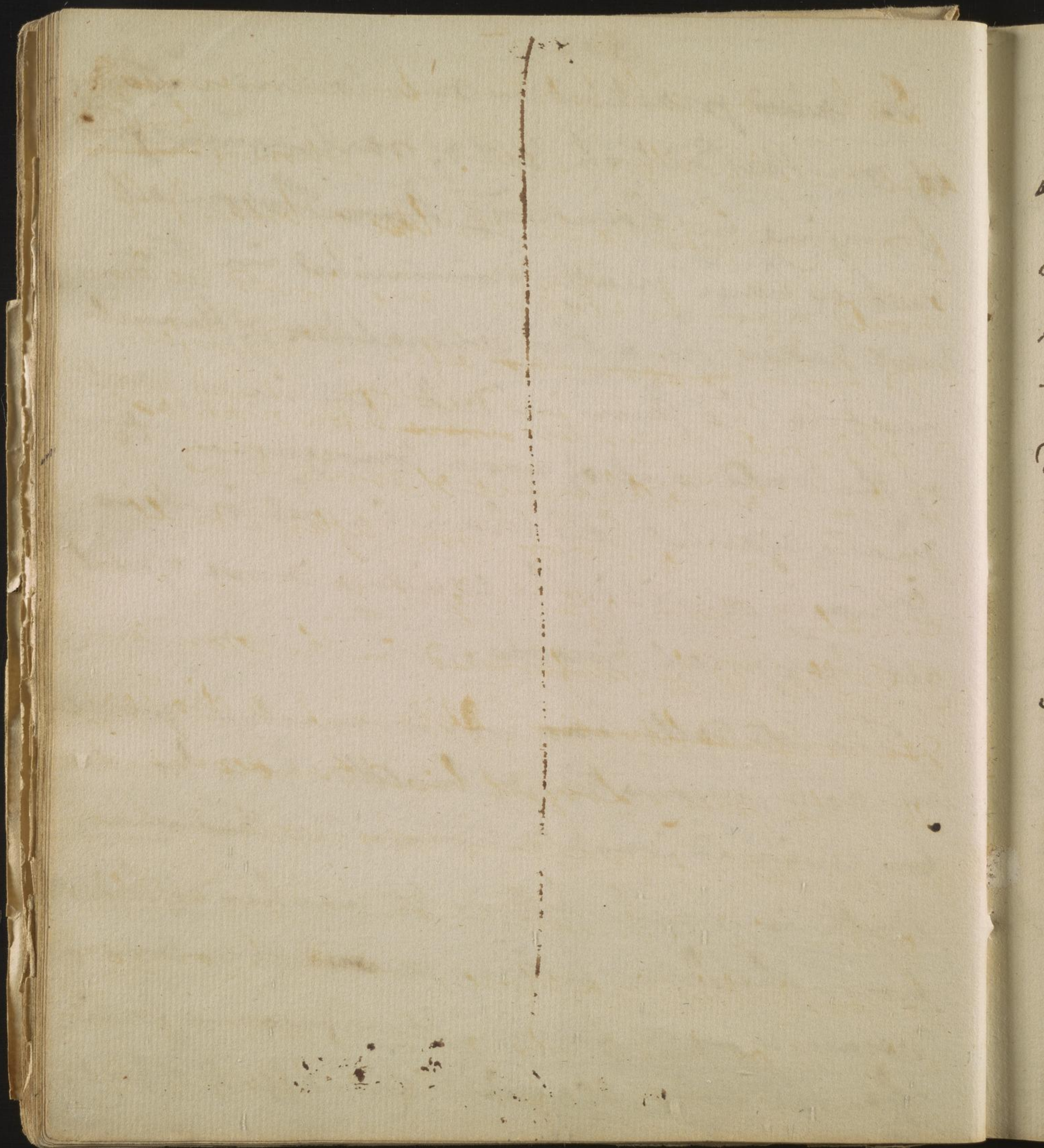


the health & life of man. The same remark
 applies to his clothes, as to dress. They should be
 accommodated to the changes in the weather.
 3 Cloaths when wet should never be suffered
 to dry upon the body. Few constitutions are
 strong eno to resist disease from this cause.
 4 The feet should be protected with double
 care from the cold. Leather is a conductor
 of heat, for which reason, shoes ~~to~~ and
 boots should be covered with woollen in
 very cold weather, & cork soles should protect
 the feet from ~~but~~ the effects of wet weather.
 5 woollen cloathing has been found to
 be most healthy when worn next to
 the skin. Linen & cotton may be
 worn above it. The reverse of what

✓ In Great Britain there is a law com-
-pelling ^{the friends of} every person who dies ^{to} ~~to be~~ buried
there in flannel. It would be much
wiser to compel the living to wear the
flannel, and to bury ~~the~~ dead in linen.

is ~~called~~ practised in our country. [✓] Laying
 of on the British Act of parliament for
 burying in flannel. ~~Since~~ Tropical
 diseases have greatly diminished in the
 West Indies, since the general use of flannel
 next to the skin in dress - for in no part
 of the world is it of more consequence to
 guard against cold than in hot countries.
 I merely say it is the exciting cause of nearly
 all tropical diseases.

The Cold Bath ~~has~~ was formerly in general
 use as a preservative of health. It is too violent
 for civilized constitutions. The Hot Warm
Bath is much better. It washes off dirt
 from the skin, & thus prevents cutaneous
 diseases & even fevers. It moreover forti-
 fies the body against the effects of heat.



Labor or a substitute for it in exercise
 are necessary to health. The following ^{things} ~~remarks~~
 sh^d be attended to in the use of both. 1st
 should never be excessive, and should be dis-
 -tinguished from ~~as soon as~~ before it induces fatigue.
 2 It should never be ^{undertaken} ~~done~~ before breakfast,
 or before taking aliment of some kind in
 the morning - nor soon after a full
 meal - nor after night.
 3 It should be performed in the open air,
~~the confined situation~~ "Vitam sedulo agat"
 said the poet. Longest lived tradesmen
 in Philad^a Carpenters who work in the
 open air. Perspiration is increased by
 labor & this in a close room becomes
 a source of weakness or disease. -
 & every part of the body should be exercised,

5 ~~kind~~ Long shore men & sailors suffer least from labor when they perform it with their shirts off ^{in hot weather.} It favours the escape of perspiration sweat and thus cools the body.

The kinds of exercise most commonly resorted to for the preservation of health are walking and riding either in a carriage or horseback. The latter should be preferred. ~~to~~ To enjoy the benefit of this exercise constantly it will be necessary to attend to the health of the noble animal to ~~which~~ whose strength & gentleness we are indebted for it. For this purpose I shall deliver a few directions for the management of a horse that is used for pleasure or business. - These directions will I hope be useful. They will serve to illustrate some of our Physiological principles; - they will enable

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especially the ~~nerves~~ which have a great
influence on the breast. ✓

The ^{rational} faculties of the mind require exercise
to keep them in health. They impart health
like wise to the body. Hence it has been said
studious men have been often too long
lived than other people under equal circum-
stances. Study to be healthy should in the
1st place be alternated with labor & exercise.
2 ~~It should be~~ and Society. 2 The Objects of it
should be occasionally varied. 3 ~~It should~~
~~be~~ ~~as~~ the morning hours are most
favorable to it. 4 It should be avoided
after a full meal, and after 10 o'clock
at night. ^{when practicable} Gibbons' prelate.
~~at night~~ The system becomes peculiar
after night, & is overstimulated by study.

V To this head belongs the government
of the passions. Health & long life depend
greatly upon their being constantly under
the influence of reason & Religion.

~~to preserve him as~~
= to preserve the ~~heart when you are~~
who is to ~~preserve~~ health & prolong the
life of the ~~animal~~ ^{heart} ~~whose that is~~ without
whom you will be unable to exercise
your profession, and lastly ~~we shall~~ ^{they will be}
~~enable you to be useful to your~~
~~society~~ a public expression of our
gratitude to ~~an animal~~ an animal to
whom ~~the world owes such great~~ ^{we owe} ~~obligations~~ ^{benefits}
obligations. The dissections I shall

~~I have said a~~ ~~number of~~ ~~cases~~
Deliver are derived from ^{my own} observations
and from ~~the papers~~ ^{the press}

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but if necessity imposes study after night, let
it never be in a small or close room. The
Air from Candles & lamps is rendered unhealthy,
and seldom fruits of inducing disease. ✓

Sleep to be healthy should never exceed 7
& 8 hours. Many men have lived long, & en-
joyed good health on much less. Early rising
and longevity have generally been connected.
Lord Mansfield's remark. ~~At~~ The in-
terval between morning & evening is too long
for old people to bear an erect, or even
sitting posture, ~~with~~ still less study, or business
without a nap in the middle of the day.
It should be taken after a full meal only
in a chair with the head erect. The collar
and tight ligatures should be removed before
sleep in the night & daytime, for the muscles
never on Back - on sides ~~after~~
- & ~~rest~~.

whose early by events gave them the
best opportunities of acquiring this
kind of knowledge. —

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Sleep

✓ It should be on mattress in summer & feather bed in winter. Large beds best in both seasons - ^{coolest} ~~warmest~~ in summer & warmest in winter. Feather or eider down coverings to be kept to Blankets in winter. Shofford ^{more} ~~not~~ warm the ^{the} left weight, and they are particularly useful to invalids, especially to consumptive patients.

swell in sleep, and thus give pain, or create
 obstructions. ~~The feet should be placed in a~~
 The feet should be placed horizontally in when
 sleep is taking in a sitting posture, or they
 will soon become anasarca. Often the
 cause of Dropsy in old people. ~~It is~~
~~unwise~~ to unhealthy to sleep soon after a
 hearty supper. Two or three hours at least
 should pass away before bedtime. See the
 effects of the contrary practice in Philad^a in
 med: Surg: vol. 4: ^{the} ✓ I cannot dismiss
 the subject of sleep, without taking notice of
 an opinion held by the late Dr Cordocet
 upon ~~the~~ it. He supposed it to be Disease,
 and in that philosophy would one day
~~learn~~ ~~can~~ ~~rescue~~ cure it, and enable
 us to live without it. This is far

Understanding elevated &
✓ the moral faults to ~~its~~ ^{these} ~~these~~ ^{this},
preeminent seat in the mind, and thus
prevents disease and vice. But for hope
I sleep we ~~the~~ be the most miserable beings
in the world." says Gant.

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from being true, that Sleep is a remedy
for the predisposition to disease. It equalizes
- removes debility & equalises ex-
- destroys dangerous associations of ideas - restores
- calms, and thus prevents disease of
- the mind. - anchors
- the mind to the body & Shakespeare were

much better philosophers than Cordova
upon this subject. — " ~~The~~ ~~Heaven~~

~~Cardinal~~ of the former After enumerating
its benefits to the body & mind ~~conclusion~~
pronounces a blessing upon the man that
first invented it! The words of the British
poet are still more to our purpose.

Plays, that knits up, the swelled Sleeve of
care.

care.

" ~~The death of~~ — Sore labour's bath.

" Balm of hurt minds, great nature's second
course ~~return to~~ ~~of~~ ~~egg~~
chief nourisher, in life's - feast. n

V 1 In Spite of all the Advantages we
derive from regularity in Diet - Drinks
Sleep - exercise - Study &c - the ^{advice} ~~remark~~
of Celsus is strictly true - that is -
"to avoid scarce habits of any kind". In
our intercourse with the world in the
ordinary ~~to~~ business of life, we are often
obliged to depart from the regularity &
order of our own fire sides. ~~but~~ Now when
we so - we run the risk of contracting a dis-
-ease. Hence it will be useful now and
then to break through a good habit - to
prevent our suffering from the ^{unavoidable} trans-
-gress of it in ~~case~~ travelling or in com-
-pany. I have known men to suffer
very much from eating a Supper,

I shall ^{conclude this} ~~now say~~ ~~at this~~ subject by
^{a few} ~~the~~ remarks, each of ^{wh} have been the
result of my own observations. V

2 ~~Longevity is~~ I have observed longevity to
be hereditary. ~~in~~ ~~as~~ long lived ancestors have
long lived children of ~~the~~ (ceteris paribus)
than persons who do not attain to great
age.

3 I have observed that health & longevity
are very much connected wth temperance
in every thing or upon a due regard to
diet - dress &c in early life. ^{It is in} ~~The~~ ~~at~~ ~~the~~
middle life we usually expiate by sickness
& or death, the follies & ~~care~~ of our youth.

The Spanish proverb is a truly wise.

from drinking tea, ~~from~~ ^{or} drinking ~~at home~~
sitting up an hour or two later than
usual, that would not ^{have} been in the
least incommoded by any of them,
had they ever & there ~~indeed~~ ^{conformed to} ~~relapsed~~
~~into~~ those acts in their own family. —
~~However much~~
Invalids ~~often~~ require strictness in their
habits — even in good health ~~often~~ become
offensive by them, and when they are
compelled by accident or necessity to depart
from them — often contract thereby
lasting diseases. —

& to forbid, occasional ^{moderate} ~~for~~ ~~relaxation~~ indulgence
at the festive board. The late Dr Coghlin belonged
to a Club in Dublin that met every fortnight
at which he always drank a glass ^{of wine} or two
extraordinary. The day afterwards he enjoyed

"If we wish to be young, when you are old, be old [~~that is - no prudent, - wise & frugal of your health~~] when you are young." Economy ~~to~~ ^{in youth} in the expenditure of strength, has the same influence upon health in rendering old age comfortable, that Economy in the expenditure of money, has in early life in rendering old age wealthy, & independent. This remark is not intended ✓

4 ~~Q~~ I have never known an instance of old age where persons have been much afflicted with stomach complaints: The remark is connected with the foregoing, for intemperance in eating whe-
-ther

annual health & spirits - drawn forth ^{from} by the
latent ~~for~~ resources of his Constitution. A
fit of Sickness often has the same effect in
bringing forth latent strength, & thus prolonging
life. I have seen old age protracted by it ^{for} many years,
for few men die of exhausted strength -

V ~~to the body what the Conscience is~~
~~the mind. No man ever did violence~~ ^{offended}
to it ~~for any~~ for any length of time
with impunity. It is the Conscience of
the body, ~~and~~ Its dictates should therefore
be listened to & obeyed with as much
~~attention~~ Obsequiousness, as we are
taught to obey the dictates of Conscience
in ~~preserving~~ preserving the moral
health & happiness of our minds.

Return to 0793 -

its relate to quantity, or improper food
or drinks - also ^{to} ~~study~~ ^{passions of the mind} - be all at prime
rily upon the stomach. If you wish therefore
to enjoy health & long life, ~~be to~~ avoid
~~offending your stomach~~ ^{putting} this regulator
out of order.

of the animal machine, quarrel with
your family - quarrel with your neighbours - nay with
the whole world, ~~but~~ ^{this} rather
quarrel
than with your stomachs.. ~~they are~~
Return to Q 793.

1810. finished Philology Decem. 2. 3.rd

